



## 2008 PACKING TIPS

### PEOPLE TO PEOPLE STUDENT AMBASSADOR PROGRAMS

#### Suitcases

- The lighter your suitcase, the better!
- Aim for a half-filled suitcase to save space for souvenirs.
- Rolled items take up less space.
- Use Ziploc bags for packing each of these types of items: shirts in one bag, socks in another, underwear in another, etc. Make sure you squeeze out the air!
- Reserve designated spaces for each item; underwear, socks, toiletries, gifts, etc., so you'll always know where each is.
- Pack heavy items on the bottom.
- Remember that customs officials may ask that you open your suitcase. Think about what others will see on top if that should happen.
- Mark your ID on all important items, even the inside of the suitcase.
- Use your People to People luggage tag on your suitcase for identification.
- Keep a list of contact information for you and your parents inside your suitcase in case your luggage tag gets lost. (A copy of your hotel itinerary can be useful in getting lost luggage returned as well.)

#### Remember!

- Width, length, and depth add up to no larger than 54 inches
- Weight can be no more than 44 pounds
- Wheeled luggage with a handle is strongly recommended
- Refer to your packing list in your Student Ambassador Protocol

#### Carry-on (Backpacks)

**Important:** In case your checked luggage gets lost, there are certain items you'll want in your carry-on!

- A change of clothing
- Medications
- Toiletries
- Valuables
- Items that provide comfort during the flights: jacket, CD player/iPod, book, journal, playing cards
- Waist straps can help reduce back strain
- Padded back panel and straps can ease discomfort

#### Remember!

- No larger than 39 inches
- No heavier than 11 pounds

### IMPORTANT!

New restrictions apply to all liquids, gels and aerosols packed in your carry-on luggage. Each container must be three ounces or smaller and must be packed in a quart-size, zip-top, clear plastic bag. You must place these items in the bin for X-ray screening. These restrictions do not apply to your checked luggage.

Please visit the Transportation Security Administration website for the latest updates and other helpful packing tips at [www.tsa.gov](http://www.tsa.gov).

#### Waist Pack, Hip Pack, Belt Pack

(Keep in mind, the term "fanny pack" has a different meaning in some countries and can be considered offensive.)

Valuables should be kept on your body or in a neck pouch or money belt

Emergency contact information and a copy of your passport should be kept on you as well

A side water bottle carrier can be useful on your pack

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### Other considerations:

- Most electrical items will require an adaptor; leave them home if possible
- Plastic bags for dirty or wet clothes can come in handy. Pack plenty!
- Label all items of value

### If you love it, leave it at home!

There's always a chance of losing items when traveling. The best prevention is to leave valuable items at home. Leave behind what you can't bear to lose.

Review the packing guidelines in your Student Ambassador Protocol.

### Security

- Always keep bags in your sight, never unattended
- Always keep your money in a hidden pack on your body
- Be alert!